



Magnotta jury to begin deliberations

Judge advises jury to first tackle whether Magnotta was criminally responsible

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City should slow down drivers: Protesters

Manor Park residents take to the streets

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NEW GENERATION REDEFINING FEMINISM

HIGH-PROFILE FEMINISTS SUCH AS MALALA YOUSAFZAI ARE FIGHTING FOR WOMEN'S RIGHTS BEFORE THEY'VE BECOME WOMEN THEMSELVES

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FUTURE SENATOR?

Kenzie Potter (right), Melissa Repaci and her four-year-old son Mateo skate at the Canadian Tire Centre on Dec. 15 for the Skate for Kids event. About 100 kids got free skates and a chance to try out the NHL ice, courtesy of Ottawa Senators owner Eugene Melnyk. For Melnyk's thoughts on a potential move by the team to LeBreton Flats, see page 6. LUCY SCHOLEY/METRO

Holocaust memorial plan meets criticism

Location questioned. Ottawa needs monument recognizing aboriginal survival, says Douglas Cardinal



LUCY SCHOLEY
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The land slated for the National Holocaust Monument is unceded Algonquin territory and would be better suited for a memorial honouring First Nations people, says the architect of the Canadian Museum of History.

Douglas Cardinal said it's important to commemorate the millions who died in the Holocaust, but there

also needs to be better recognition of the First Nations people who have suffered in their own country since as far back as first European contact.

"What about the First Nations that had 95 per cent of their population wiped out?" said Cardinal. "And how about the survivors and children that had been taken away and put in residential schools where 40 per cent died in those conditions? What we don't want is a memorial for the harm and destruction and misery caused by others. We want a place of celebration and reconciliation and forgiveness."

The National Holocaust Monument will sit at the corner of Wellington and Booth streets and face the Canadian War Museum. The

large concrete walls of the star-shaped building will be filled with photographs of Holocaust sites in Europe.

Like the land underneath the Supreme Court of Canada and Parliament Hill, it's considered unceded Algonquin territory as the Algonquins and the province of Ontario have an ongoing unresolved land claim negotiation concerning a massive swath of the eastern part of province.

Cardinal said he would envision a different memorial on that land — one that does not acknowledge the "destruction of our people," but rather celebrates their survival.

There's no significant architectural representation of First Nations people in the capital, he added, noting the lack of an aboriginal embassy.

Foreign Affairs Minister John Baird has previously said that the National Holocaust Monument will be a place for all faiths to gather and remember the tragedy.

WITH FILES FROM JOE LOFARO

Quoted

"What about the First Nations that had 95 per cent of their population wiped out?"

Douglas Cardinal



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Project Karma, Calamity

27 arrested in massive drug busts, police say

Ottawa police announced details of two major operations that resulted in 27 arrests and more than 254 charges, in response to gang activity and the drug trade. Project Karma ran from June to November 2014 targeting street gangs and gun violence. Police charged 14 people, laid 137 charges, and seized four firearms. Drugs worth an estimated \$61,500 were also seized.

A spinoff investigation, Project Calamity, wrapped up in August, with 13 people arrested and 117 charges laid. Police seized three guns, more than 400 rounds of ammunition, drugs with an estimated value of \$24,000 and about \$45,000 in Canadian and U.S. currency.

JOE LOFARO/METRO

Virus prevention

Hospitals screen for sick visitors

To prevent viral infection, Ottawa hospitals say they might turn visitors away if they appear to be sick.

Marie Belanger, a spokeswoman for the Children's Hospital of Eastern Ontario, said patients will be screened for symptoms such as a runny nose, a cough, fever, vomiting, or diarrhea.

The new measures are being put in place at The Ottawa Hospital network, CHEO, Monfort Hospital, The Royal, and Bruyère hospitals as they normally see higher virus activity in the winter months.

JOE LOFARO/METRO



John Bell announces the Ottawa Hospital's new cancer research department. JOE LOFARO/METRO

City hospital to host cancer research hub

Cancer survivor. Drew Lyall named CEO of new cancer research network



JOE LOFARO
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An Ottawa scientist and professor will lead the first national cancer research network for biotherapeutic treatment in Canada.

Dr. John Bell of the Ottawa Hospital Research Institute will head the new Biotherapeutics for Cancer Treatment

Network of Centres of Excellence.

Bell, a senior researcher at the institute and professor at the University of Ottawa, said the newly developed network would pioneer made-in-Canada therapies as alternatives to traditional forms of cancer treatment.

He said he hopes this new approach will reverse the common trend of Canadian medical treatments being shipped overseas for commercialization.

"Our approach is to develop things, homegrown things here in Canada, for Canadian patients," said Bell.

"Our goal is to have manu-

facturing and have testing here and to make sure these things really work and are safe for cancer patients."

The government of Canada is funding \$25 million to the network. Another \$35 million is being donated from dozens of partners, including Canadian universities, provincial organizations and cancer research organizations.

Biologically based therapy for cancer patients includes oncolytic viruses, immune cell therapy and synthetic antibodies, which use the body's defence mechanisms to fight the disease. It is one form of treatment to emerge in the last decade, seen as less

toxic than traditional methods like chemotherapy.

In cities such as Ottawa, Toronto, and Hamilton, clinical trials in biotherapeutics have already begun, but their success has yet to be seen, said Bell.

Through the network, a team of Canadian scientists can develop therapies together and either test them independently or in tandem to see which strategy works best, according to Bell.

A team of 40 researchers from 17 academic institutions, as well as eight industry partners and close to 20 community partners, will form the NCE.

1 NEWS

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Finding fault. Ottawa professor warns 'link rot' woes in legal system

"Link rot" can be a minor inconvenience to most people, but when the legal system relies on digital information that suddenly disappears, it can be a "tremendous problem," according to one University of Ottawa law professor.

Professor Karen Eltis is studying link rot — the term often used to describe links to websites that have been removed or altered.

"In the movie The Social Network, Mark Zuckerberg's ex-girlfriend says, 'You know the Internet isn't written in pencil, it's written in ink,'" said Eltis.



Professor Karen Eltis
COURTESY OF UNIVERSITY OF OTTAWA

"But then again, sometimes it is written in pencil and links disappear and if you're looking for court authority, that can be extremely problematic."

The New York Times published an article last year about a study which said hyperlinks in 49 per cent of U.S. Supreme Court decisions online no longer work. Lawyers often refer to court precedents when making arguments and cite another judge's reasoning. "Say you're an attorney and you want to use precedent and you want to look at evidence on which the court based its reasoning, and that has to do with both transparency and authority, you're clicking on it, and it's completely gone," said Eltis.

"If there's no hard copy and we're relying only on the Internet and it's not backed up, so to speak, and it disappears, that can present a problem for everyone, but especially a serious problem for the legal system, which is based on precedent." **JOE LOFARO/METRO**

Gatineau

Volunteers sought for Operation Red Nose

Gatineau's Operation Red Nose is looking for more volunteers as it struggles to meet the needs of residents in both Gatineau and Ottawa. The group is on hiatus after organizational changes. They said that Thursday night there were only 12 teams available, but those teams managed to drive 60 motorists home safely. Fortunately, close to 60 teams were on the road Friday and Saturday

night, and drove 213 motorists home safely on Friday, and another 230 on Saturday.

Volunteers who are already accredited can go directly to the centre, located at 120 Charlevoix St., Gatineau.

For those who want to volunteer, simply print out the online registration form at operationnezrouge.com after selecting "Outaouais" region. Once completed and signed, the form must be returned by email to outaouais@operationnezrouge.com or by fax at 819-771-3376.

For more information: 819-771-2886 or outaouais@operationnezrouge.com.

METRO



A car zips past Acorn protesters on Brittany Avenue Monday afternoon. Local protesters are trying to draw attention to the problem of speeders.

SEAN MCKIBBON/METRO

Residents take on speeding drivers

Protest. Rideau Rockcliffe councillor says moves afoot to help slow vehicles down

A group of Manor Park residents took to the streets carrying signs and shouting at drivers to slow down on residential side streets.

"I've lived in Manor Park for 10 years and I've seen the traffic become worse and worse. People get hit, people ignore stop signs, they drive over the speed limit," said Steven Rose, one of the Acorn activists who picketed on Karen Way and Brittany Avenue in Ottawa's east end.

Rose said the problem of speeding in residential neighbourhoods is a city-wide problem. As a dad, he said he's not comfortable letting his 10-year-old son walk alone near Hemlock Road or St. Laurent Avenue because of the hazard presented by traffic.

Rose said he wants the city to pay more attention to the issue and said it will only get worse in his neighbourhood as the former Rockcliffe airbase is redeveloped into a residential subdivision.

He said the city needs to plan roads with pedestrians in mind and not prioritize cars. He also advocated better traffic enforcement and tougher fines for violators.

Fellow protester Richard Jonke said he's seen people hit and animals killed by speeding motorists in the area.

"You can't have police everywhere in a city of a million. It's impossible," said Jonke, but he said the city could narrow thoroughway streets such as Brittany Avenue.

Rockcliffe-Rideau Ward Coun. Tobi Nussbaum wasn't able to attend the protest, but agrees there is a problem that needs to be addressed.

"When I was knocking on doors during the campaign, traffic calming and speed was the No. 1 issue raised by many residents," he said.

"This is not just a concern

of a few people, and it will need to be addressed in the near term."

Already the city is planning to narrow St. Laurent to two lanes between Montreal Road and Hemlock Road and add bike lanes along that stretch.

But more needs to be done. He said a major focus of the city's budget deliberations needs to be in finding resources to allocate to addressing residents' traffic concerns. He also noted that one of the meetings that kept him from attending the protest was a meeting with planners to discuss the redevelopment of CFB Rockcliffe and his concerns about traffic. **SEAN MCKIBBON/METRO**

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Toronto Pan Am executives pay back Ontario taxpayers

Officials with the Toronto 2015 Pan Am Games organizing committee had to reimburse Ontario taxpayers for everything from dress shirts to orange juice and parking tickets.

Pan Am executives also had to reimburse taxpayers for a wine tour and flowers.

The Toronto Pan Am committee released five years' worth of expense claims and credit card reports today, one day after

the legislature recessed for two months.

An initial look at the 5,000 pages of expenses shows the Pan Am officials also charged taxpayers for their coffee, bottled water and snacks.

Toronto Pan Am CEO Saad Rafi says the rules on expenses have been tightened, and he's made it clear that executives and staff must follow the public service guidelines on such

issues.

Rafi says he wants next summer's Pan Am Games to be fiscally responsible, and something Ontarians can be proud of.

THE CANADIAN PRESS

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Canadian Tire Centre 'not built to last 30, 40 years': Sens owner

NHL. Eugene Melnyk says team will need new arena in long term

Ottawa's NHL arena was not built to last, according to Ottawa Senators owner Eugene Melnyk. So whether the ice moves to LeBreton Flats or elsewhere, the team is looking at building a new arena in the long term.

"This building, believe it or not, was not built to last 30, 40 years like some people think," said Melnyk while at the arena Monday for his 11th annual Skate for Kids event. "I mean, we spend a lot of money to keep this building looking the way it is, but ... you have to build a new one, eventually. I hope (that happens) in my lifetime."

The Kanata home of the Ottawa Senators was built in 1996 at the cost of \$188 million.

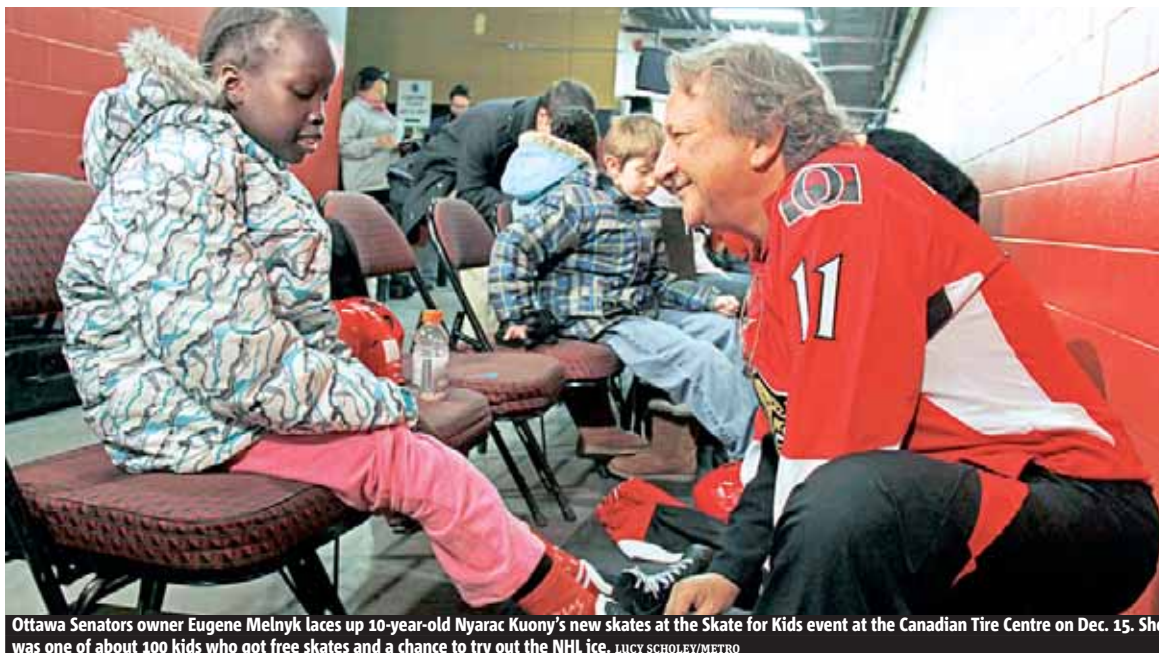
Melnyk said the Sens are still considering submitting a proposal for the LeBreton Flats land but want to make sure it's carefully thought through because it's a "game-changer" for the organization that would also have a huge impact on the city.

"The main thing is, we want to do what's right for the city, for the fans, for the organization long-term," he said. "That's the way I think. It's long-term. It's not what happens next year or the year after. It's what happens 20 years from now."

Mayor Jim Watson has said the move to downtown would be exciting but he worries about the impact on Kanata.

The National Capital Commission has been asking for proposals for the LeBreton Flats land, which has been unused for almost 50 years. The request for qualifications deadline is Jan. 7.

LUCY SCHOLEY/METRO



Ottawa Senators owner Eugene Melnyk laces up 10-year-old Nyarac Kuony's new skates at the Skate for Kids event at the Canadian Tire Centre on Dec. 15. She was one of about 100 kids who got free skates and a chance to try out the NHL ice. LUCY SCHOLEY/METRO

Algonquin chief seeks injunction against Gatineau waterfront project



Roger Fleury, the Algonquin off-reserve chief for Fort-Coulonge LUCY SCHOLEY/METRO

An Algonquin chief has filed an injunction against the City of Gatineau over the redevelopment of a piece of Ottawa River waterfront that is home to aboriginal artifacts.

Roger Fleury, the Algonquin off-reserve chief for Fort-Coulonge, was handed an injunction himself last summer after he refused to back off from a protest at the Rue Jacques Cartier construction site. He burned the paper in protest and was arrested and charged with mischief.

Now he's part of a group

of seven people that has filed a counter injunction against Gatineau, asking for the city to designate the land as a heritage site and to prove there are no remaining artifacts.

"Here is a 6,000-year-old archaeological site, and they needlessly paved over it and put sewer pipes in it," Fleury told reporters at a news conference at the Gatineau courthouse on Monday, a day before he was due to appear for his mischief charge.

The \$43-million Jacques Cartier Street Improvement Pro-

ject waterfront development will give the street a facelift with a boardwalk, pathways and marinas. The National Capital Commission is contributing \$10 million for the project, and construction is due to be finished in the fall of 2015.

Between April and July 2014, the City of Gatineau hired archaeological firm Archéotec to excavate the site. According to the city website, workers discovered the site served as a temporary encampment for Native Americans about 3,500 years ago. They found about

225 artifacts, including arrowheads and bird bones.

Gatineau Coun. Myriam Nadeau would not comment on Fleury's injunction, as it's before the courts, but she told Metro the artifacts were handed over to the province.

"They have the resources to make sure they are kept safely and intact for future generations," she said.

At his Tuesday court appearance, Fleury will ask the judge to put off his case until after his injunction is addressed on Jan. 19, 2015. LUCY SCHOLEY/METRO



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Astronaut unveils exploration medal

Robert Thirsk. Museum exhibit offers Canadian who flew to the space station a chance to talk to students about space and environmentalism

How do you go to the bathroom in space? How do you drink things? Who did you fly with? Were you scared?

Students from John Young Elementary School Kanata, peppered Canadian astronaut Dr. Robert Thirsk with questions Monday as he unveiled a display of a historic British exploration medal at the Canadian Museum of History.

Thirsk took the Arctic Medal — part of the Manitoba Museum's collection — with him on a flight to the International Space Station. Now the Manitoba Museum is loaning it to the museum in Gatineau to show off to visitors until Jan. 4.

The medal was authorized by Queen Victoria in 1857, and was awarded to individuals around the world who participated — from 1818 to 1855 — in discovery missions to find the North Pole or the Northwest Passage, or in search expeditions to locate Sir John Franklin's missing ships.

"I wanted to do something symbolic on my last mission aboard the International Space Station and bring along a few artifacts that symbolize this exploratory and innovative spirit



Canadian Astronaut Dr. Robert Thirsk shows off the Arctic Medal he took with him into space, and which is now on display at the Canadian Museum of History until Jan. 4. SEAN MCKIBBON/METRO

that we have in Canada," Thirsk said.

Thirsk told the students about the professional side of his job in space and the fun aspects, but he also shared that it was tough to look down and see some of the damage humans have wrought upon the planet.

"Looking out the window was our favourite activity," he said. "As your eye gets a

little more discriminating with time spent in space, then you can see some of the impacts that human activity has on the planet. Things like clear-cut forestry and pollution of the ocean are things that disappointed us.

"I think we all come home from a space flight with more of an environmentalist mindset than before we launched." **METRO**

Former AG pushes province to scrap law against panhandlers

Former attorney general Michael Bryant wants the Ontario government to repeal the "rotten law" that targets panhandlers and so-called squeegee kids.

Bryant is among a coalition of individuals and organizations urging his former Liberal government colleagues to take the now 15-year-old Safe Streets Act off the books.

During his four years as Ontario's attorney general, Bryant says he "failed" by not repealing the act when he had the chance.

"I am accountable and re-

sponsible for it," he said at a news conference Monday. "I should have, period. I have no excuses."

Bryant was joined by fellow members of the coalition, who note that wealthy, middle-class people or charities are not issued tickets when they fundraise on the streets.

"Let's stop criminalizing the poor for being poor," Bryant said.

Stephen Gaetz, the director of the Canadian Observatory on Homelessness, said the act is the outcome of a "moral panic" about homeless people living

on the streets in the 1990s.

Gaetz, a professor at York University, conducted research and found that between 2000 and 2010, incidents of panhandling and squeegeeing "declined dramatically" in Toronto, but the number of tickets issued rose from 780 in 2000, to 3,000 five years later, to 15,000 tickets in Toronto alone in 2010.

The majority of people ticketed can't — and don't — pay the fines, Gaetz said. The coalition has asked for a meeting with current Attorney General Madeleine Meilleur, Bryant said. **THE CANADIAN PRESS**

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Ethiopia

'Little Canada' to honour former PM

Brian Mulroney's name and fame could soon be associated with a bus station in a rural Ethiopian village that has come to be known as "Little Canada."

A group of Ethiopian-Canadians in Toronto wants to pay tribute to the former

prime minister by refurbishing and naming a major bus terminal after him. They've launched an online campaign to raise \$50,000 to transform the station in Debre Tsige, a village south of Addis Ababa.

The former prime minister spearheaded government efforts in 1984 to contribute about 10 per cent of all international aid to Ethiopia, ultimately saving many lives.

GILBERT NGABO/METRO IN TORONTO

Fraser Valley

Avian flu detected at another B.C. farm

Federal officials say avian influenza has been detected at a tenth farm in B.C.'s Fraser Valley.

The Canadian Food Inspection Agency has updated its list to include a Langley, B.C., farm housing table-egg layers.

The outbreak in those barns was confirmed Saturday, affecting another 53,000 birds and hiking the total number of poultry to be destroyed up to 233,800.

The H5N2 strain of the disease was first identified on Dec. 1 in Chilliwack and Abbotsford, and has prompted the establishment of a control zone covering the southern half of B.C.

THE CANADIAN PRESS

Washington, D.C.

Canada defends Keystone XL at energy meeting

The Canadian government used an energy summit in Washington to argue for the continued relevance of the Keystone XL pipeline project in the face of plummeting oil prices.

The plunge has buoyed opponents of Canadian oil here who argue that the new normal in oil prices has obliterated the logic supporting the project. But Natural Resources Minister Greg Rickford challenged that argument.

"This kind of price volatility reminds us how fragile the global economy still is and ... how close to home it can still impact us," said Rickford.

THE CANADIAN PRESS

Magnotta's fate is in jury's hands

Slaying of Jun Lin. A Quebec Superior Court judge has instructed the jury on what they need to consider during deliberations

The jurors at Luka Rocco Magnotta's first-degree murder trial were sequestered on Monday after the judge told them what they need to consider as they deliberate his fate.

Magnotta has pleaded not guilty to five charges, including first-degree murder, stemming from the May 2012 slaying and dismemberment of Jun Lin, 33.

Quebec Superior Court Justice Guy Cournoyer's detailed final charge also opened the door to a conviction on second-degree murder or manslaughter on the murder charge.

But if the jury finds Magnotta not criminally responsible, Cournoyer said the verdict must apply to all five charges. It's also the issue he suggested jurors tackle first when deliberations begin Tuesday.

In addition to premeditated murder, Magnotta is charged with criminally harassing Prime Minister Stephen Harper and other members of Parliament; mailing obscene and

indecent material; committing an indignity to a body; and publishing obscene materials.

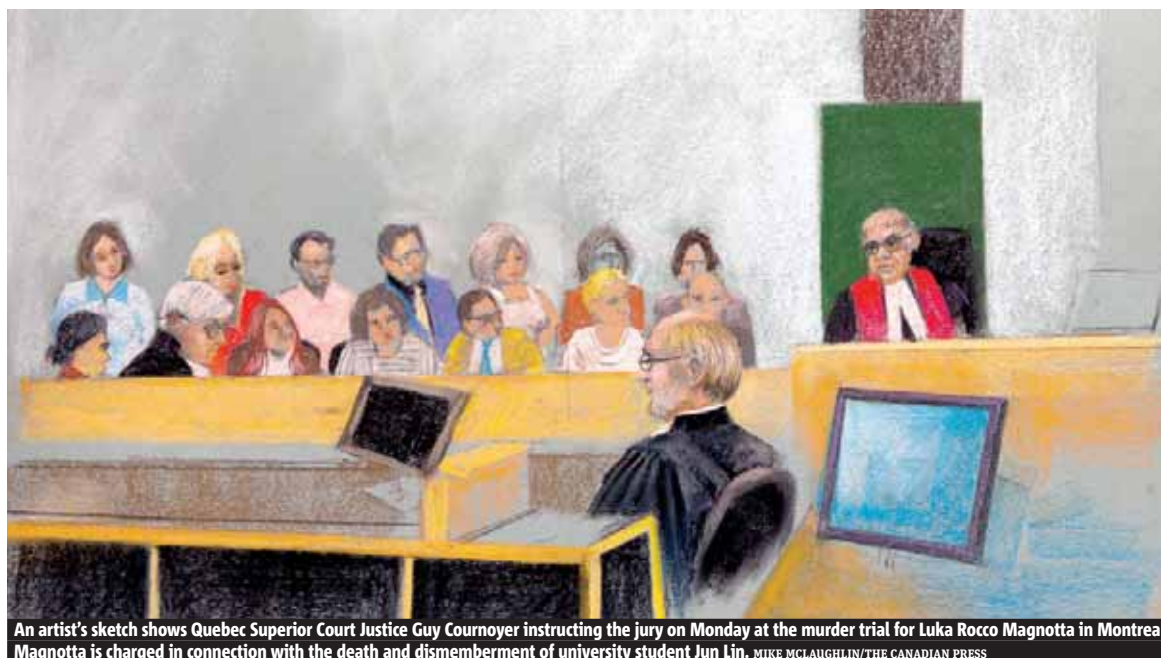
Psychiatrists for the defence testified throughout the trial Magnotta is schizophrenic, was psychotic the night of the slaying and was unable to tell right from wrong.

Crown prosecutor Louis Bouthillier countered there was no mental illness at play and that the crime was planned and deliberate. He has said Magnotta should be found guilty of first-degree murder and the four other charges.

Cournoyer told the jurors they would need to answer two questions for the mental disorder defence to be accepted. Firstly, is it more likely than not Magnotta was suffering from a mental disorder at the time of the offence? And secondly, did the disorder make him incapable of knowing the acts were wrong?

He walked them through the various expert reports, medical documents and testimony they could consider. However, if the answer to either of those questions is no, then Magnotta is not exempt from criminal responsibility, Cournoyer said.

If the jury opts for a verdict of not criminally responsible, Cournoyer told them Magnotta would not be set free if he's considered a significant threat to public safety.



An artist's sketch shows Quebec Superior Court Justice Guy Cournoyer instructing the jury on Monday at the murder trial for Luka Rocco Magnotta in Montreal. Magnotta is charged in connection with the death and dismemberment of university student Jun Lin. MIKE MCLAUGHLIN/THE CANADIAN PRESS

"Paranoid schizophrenia is a disease of the mind but it is for you to decide whether Mr. Magnotta was suffering from paranoid schizophrenia at the time of killing," he said.

"Under our law, the verdict of not criminally responsible by reasons of mental disorder is not a loose term, quite the contrary. There are specific criteria to determine whether the

defence of mental disorder is applicable."

The jury will be required to render a unanimous verdict on each count.

Magnotta has already admitted to the physical acts of the case, meaning the jury will need to determine intent as well as the level of the planning in the slaying.

Cournoyer told them they

must rely solely on the evidence they have heard over 40 days since the trial began in late September.

Magnotta did not testify and didn't meet with a Crown psychiatrist, but the judge said he was not obliged to do so as part of his mental disorder defence.

"You must not infer Mr. Magnotta's guilt from his fail-

ure to testify ... you cannot use his silence at trial as evidence of his guilt," the judge advised.

Among the evidence to consider, Cournoyer said the jury will have to keep in mind that Magnotta's statements given to defence psychiatrists about facts surrounding the events in May 2012 and his own state of mind have not been independently proven. THE CANADIAN PRESS

Danes claim scientific data links North Pole to Greenland

An Arctic expert says an unspoken agreement between Arctic nations on how to divvy up northern seas is all but dead now that Denmark is presenting scientific data that it says gives it a claim on waters past the North Pole.

The claim, which was to be filed with the United Nations in New York on Monday, will force Canada into tough future negotiations on overlapping claims instead of being able to rely on deals worked out in advance, said

Quoted

"It's generally a good thing to negotiate issues when the stakes are relatively small. Once the stakes grow, then you get vested interests and more political possibilities."

Michael Byers, international law professor at University of British Columbia, on future negotiations to settle the boundaries on the sea floor

University of British Columbia international law professor Michael Byers.

"Most people who follow this issue are wishing that we

hadn't arrived at this point, that the gentleman's agreement was going to take care of these matters and set in place a workable agreement

that would have provided stability," Byers said from Novosibirsk, Russia.

Interest in the Arctic is intensifying as global warming shrinks the polar ice and opens up possible resource development, potential new fisheries and new shipping lanes.

The area is believed to hold an estimated 13 per cent of the world's undiscovered oil and 30 per cent of its untapped gas.

Danish Foreign Minister Martin Lidegaard says scientific data shows Greenland's

continental shelf is connected to the 2,000-kilometre-long Lomonosov Ridge beneath the Arctic Ocean. He says that gives Danes a claim to the North Pole and any resources on the sea floor.

The United Nations panel is to eventually decide control of the area. The Danes claim the right to exploit an area of 895,000 square kilometres. The area goes right up to Russia's exclusive economic zone 370 kilometres off its shoreline. THE CANADIAN PRESS

Canada's claim

Last December, Canada surprised its Arctic neighbours when it made its own filing under the United Nations Convention on Law of the Sea. It said the Arctic component, widely expected to stop short of the North Pole, wasn't complete and that it would include data backing up a claim that would include the Pole and waters beyond.

Rice case. Mom says son shot before he could obey

The mother of a 12-year-old Ohio boy fatally shot by police who believed he was carrying a gun said Monday he was never given a chance to follow officers' orders.

Samaria Rice said in an interview at The Associated Press offices in New York that her son, Tamir Rice, was shot before he could respond to orders after the police pulled up next to him on a Cleveland playground and a rookie officer fired within two seconds. Tamir had an airsoft gun, which shoots nonlethal plastic pellets.

Rice said she wants the officer charged with murder and she called on authorities to make sure young officers don't "ignore the training."

Police say officers were responding to a call Nov. 22 about someone possibly carrying a gun. They say Tamir didn't respond to commands to raise his



Samaria Rice. THE ASSOCIATED PRESS

hands before Officer Timothy Loehmann fired his weapon. They also meant to stop the patrol car farther from Tamir but the vehicle slid on the grass, the Cleveland police union has said.

Rice said she found out later that Tamir was handed the fake weapon by a girl at the playground. She said police also put Tamir's 14-year-old sister in handcuffs as she rushed to help her mortally wounded brother that day. THE ASSOCIATED PRESS

Philadelphia area. Man who killed six is at large

A man killed six people and seriously wounded another in three different homes outside Philadelphia and remained at large hours after the shootings, authorities said Monday.

Montgomery County District Attorney Risa Vetri Ferman identified the suspect in the shootings in Philadelphia's northwest suburbs as 35-year-old Bradley William Stone. She said all of the victims had a "familial relationship" to Stone.

On Monday afternoon, police converged on a home in Pennsburg, about 48 kilometres northwest of Philadelphia, and used a megaphone to try to compel an end to their daylong pursuit of Stone.

"Bradley, this is the police

department!" an officer yelled. "Come to the front door with your hands up. You're under arrest."

Ferman said Stone was likely wearing military fatigues and was known to use a cane or walker to assist him.

The shootings occurred at homes in Harleysville, Lansdale and Souderton, three towns that are within a few miles of each other.

One neighbour, Evon Weron, said the suspect is a former member of the military and that the first victim was his ex-wife. Weron told the Lansdale Reporter the couple had been fighting over custody of children.

THE ASSOCIATED PRESS

Police probe hostage deaths in Sydney siege

Lindt Chocolat Café.
Three dead, including Iranian-born gunman

The deadly siege began in the most incongruous of ways, on a sunny Monday morning inside a cheerful café in the heart of Australia's largest city. An Iranian-born gunman burst in, took 17 workers and customers hostage, and forced some to hold a flag with an Islamic declaration of faith above the shop window's festive inscription of 'Merry Christmas.'

It ended after midnight with a barrage of gunfire that left two hostages and the gunman dead, four others wounded, and a nation that has long prided itself on its peace rocked to its core.

After waiting 16 hours, police decided to storm the Lindt Chocolat Café early Tuesday when they heard a number of gunshots from inside, said New South Wales state police Commissioner Andrew Scipione.

A loud bang rang out, several hostages ran from the building and police swooped in amid heavy gunfire, shouts and flashes.

A police bomb disposal robot was sent into the building, but no explosives were found.

"They made the call because they believed that at that time, if they didn't enter, there would have been many more lives lost," Scipione said.

The gunman was identified as 50-year-old Man



Man Haron Monis, identified as the gunman inside the Lindt Café in Martin Place, speaks to media in this April 2011 photo after a pretrial hearing in Sydney where he was accused of sending offensive letters to families of soldiers killed in Afghanistan. DEAN LEWINS/THE ASSOCIATED PRESS

Haron Monis, who had been prosecuted in the past for sending offensive letters to families of Australian troops killed in Afghanistan.

Prime Minister Tony Abbott said Monis had "a long history of violent crime, infatuation with extremism and mental instability."

Scipione wouldn't say whether the two hostages who were killed — a 34-year-old man and a 38-year-old woman — were caught in crossfire, or shot by their captor. Among the four wounded was a police officer, shot in the face.

"Until we were involved in this emergency action, we believe that no one had been injured. That changed. We

changed our tactic," he said. An investigation into the incident was underway.

THE ASSOCIATED PRESS

Man Haron Monis

The gunman was known to authorities.

- Last year, he was convicted and sentenced to 300 hours of community service for using the postal service to send offensive letters to families of soldiers killed in Afghanistan.

- Monis was charged with being an accessory to the murder of his ex-wife. Earlier this year, he was charged with the sexual assault of a woman in 2002. He has been out on bail on the charges.



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French President Francois Hollande, right, with Luc Gruson, general director of the National Museum of the History of Immigration, second right, looks at an exhibition during a Monday visit to the museum. Hollande has applauded the contributions of immigrants to France, despite opposition from the anti-immigrant far right. YOAN VALAT/THE ASSOCIATED PRESS

Hollande praises France's diversity

Immigration.

As far-right groups promote homogeneity, the French president champions inclusive policy to ensure dignity

French President Francois Hollande on Monday praised the contributions that immigrants have made to France and criticized those generating fear of foreigners, an apparent reference to the growing voice and influence of the far-right National Front.

In his first speech about immigration since taking office

in 2012, Hollande said an immigration policy is necessary to ensure both "dignity" for those it welcomes and a cap on how many can be accepted.

He bemoaned the fact that acts of anti-Semitism and racism are on the rise in France and that some fear the "disappearance" of France, a reference to claims by the National Front and others that Islam will one day take over French civilization. Hollande noted that one in four French have at least one foreign ancestor.

"There are those who dream of a little France ... a France turned inward," Hollande said. "We must fight against these (ideas) in the name of France."

Hollande spoke at the in-

auguration of the National Museum of the History of Immigration, which opened seven years ago but without a formal inauguration by then-president Nicolas Sarkozy. The delay is a sign of how contentious the subject of immigration is in France, which has the highest Muslim and Jewish populations in western Europe.

The conservative UMP party of former president Sarkozy criticized Hollande's long wait to address immigration. As president, Sarkozy made reducing immigration a major policy focus. Now trying to make a political comeback, he said in a recent speech that immigration "threatens our way of life." **THE ASSOCIATED PRESS**

Sexual-abuse lawsuit

Boy Scouts hit with \$7M verdict

A man who says he was sexually abused by a Connecticut scout leader in the mid-1970s won a \$7-million jury verdict against the Boy Scouts of America.

Lawyers for the man said the decision handed down Friday in Waterbury Superior Court was the largest verdict for compensatory damages against the Boy Scouts' national organization. The jury also found the organization liable for punitive damages, with the amount to be determined by a judge.

The man, known as John Doe in court documents, alleges he was a member of a New Fairfield Boy Scouts troop when its leader, Siegfried Hepp, sexually abused him three times.

Messages seeking comment were left Monday at phone listings for Hepp in New Fairfield and Lady Lake, Fla. He wasn't a defendant in the lawsuit.

The plaintiff's lawyers, Paul Slager and Jennifer Cohen Goldstein, said evidence at the trial showed that another boy in the troop accused Hepp of molestation and that Hepp pleaded guilty in 1999 to unlawful sexual touching of another minor and was a registered sex offender for a decade.

THE ASSOCIATED PRESS

Germany. Merkel warns against anti-Islam rhetoric

Chancellor Angela Merkel warned Germans on Monday not to be duped by far-right rhetoric, amid concern about the growing number of people flocking to anti-Islam demonstrations in the country.

A group calling itself Patriotic Europeans against the Islamization of the West, or PEGIDA, has staged weekly rallies in the eastern city of Dresden that have attracted growing numbers of supporters. Some 10,000 protested last week, and police said about the same number were on hand again Monday night, according to a preliminary count.

Some 9,000 anti-PEGIDA activists protested last week's march, and another 5,650 turned out at two counter-demonstrations in Dresden on Monday, police said.

No significant incidents were reported.

Although PEGIDA's organizers insist that they are protesting only against extremism and not against immigrants or Islam itself, the demonstrations have received open support from neo-Nazi groups and far-right parties, prompting concerns that anti-foreigner sentiment might be on the rise again in Germany.

"There's freedom of assembly in Germany, but there's no place for incitement and lies about people who come to us from other countries," Merkel told reporters in Berlin. "Everyone (who attends) needs to be



German Chancellor Angela Merkel
THE ASSOCIATED PRESS

careful that they're not taken advantage of by the people who organize such events."

Opposition parties have accused Merkel's conservative Union bloc of being too timid in its criticism of the protests up to now, suggesting that she fears losing voters to the far right.

Immigration has emerged as a contentious topic again in Germany, partly due to the recent sharp rise in asylum applications, particularly from Syrians. More than 150,000 people sought refuge in Germany during the first 11 months of the year, an increase of 40,000 compared with 2013.

Last week fires broke out at three empty buildings earmarked to house asylum seekers, and anti-foreigner slogans and swastikas were painted at one site in Vorrä, near Nuremberg. Police said they were treating the fires as arson.

THE ASSOCIATED PRESS

Executed man cleared of rape, murder charges 18 years later

A court in northern China on Monday cleared a man of the rape and murder of a woman in a public toilet 18 years after he was executed for the crime.

The Inner Mongolia Higher People's Court announced

on its microblog that it had overturned the conviction of Huugjilt, who was 18 when he was sentenced to death and executed for the 1996 crime. Like many ethnic Mongolians, Huugjilt used only one name.

The deputy head of the court, Zhao Jianping, offered his "sincere apologies" to Huugjilt's parents, China's official Xinhua News Agency reported. The parents received 30,000 yuan (\$5,000 US) as

an expression of the court's sympathy and were told they could claim an unspecified amount of compensation.

State media had previously reported that a convicted serial rapist and killer confessed

to the murder in 2005 after receiving a death sentence for other crimes but was never tried for this killing and has still not been executed. Huugjilt's retrial was held only last month.

Huugjilt had come to the attention of police after reporting that he had found the woman's body in a public toilet in Hohhot after hearing a cry for help.

THE ASSOCIATED PRESS



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Fad. S. Korea goes nuts for macadamias

South Korean retailers are experiencing a boom in sales of macadamias after nut rage imploded the career of a Korean Air Lines executive and embarrassed her family and country.

The flavourful macadamia nut was unfamiliar to many South Koreans until Cho Hyun-ah, the daughter of Korean Air's chairman, ordered a flight attendant off a Dec. 5 flight from New York City after she was served them in a bag, instead of on a plate.

Macadamias are now a household name in South Korea, and with curiosity about their taste piqued, sales are booming.

Auction, a South Korean unit of eBay and South Korea's second-largest e-commerce website, said Monday that sales of macadamias surged nearly 12-fold during the previous five days without any promotions. It said macadamias previously made up five per cent of its nut sales but were now accounting for almost half.

THE ASSOCIATED PRESS

Halal beef supplier misled Muslims: U.S.

Indictment. Iowa company allegedly misled customers about slaughter methods

A food supplier for several years falsely marketed beef to Muslims around the world as meeting strict halal standards, exporting products that weren't slaughtered in accordance with Islamic law, U.S. federal prosecutors allege in a major fraud indictment.

Midamar Corp., based in Cedar Rapids, Iowa, sold at least \$4.9 million US in beef to customers in Malaysia, Kuwait, United Arab Emirates and elsewhere that did not follow the halal practices promised in its labelling and advertising, according to the indictment returned Dec. 5 by a grand jury.

Midamar and its direc-



Bill Aossey Jr., company founder, poses for a portrait in front of an image of Damascus, at Midamar Corp. in Cedar Rapids, Iowa, in this Sept., 2010 file photo. MARY WILLIE/THE DES MOINES REGISTER/THE ASSOCIATED PRESS FILE

tors, brothers Jalel and William (Yahya) Aossey, are charged with conspiring to make and use false statements and documents, sell misbranded meat and commit mail and wire fraud.

Also indicted is another company the brothers controlled, Islamic Services of America, which is one of the few organizations approved by Malaysia, Indonesia, Kuwait, Saudi Arabia and UAE

to certify beef for import into their countries. The defendants are charged with 91 other counts of making false statements on export certificates, wire fraud and money laundering.

Midamar's founder, 73-year-old William Aossey Jr., pleaded not guilty to similar charges last week. His sons, ages 40 and 44, were scheduled to be arraigned Monday in federal court in Cedar Rapids.

Midamar issued a statement calling the charges a violation of the U.S. constitution's separation of church and state, saying it was inappropriate for the government to judge halal practices. The company said its slaughter methods have been vetted by halal auditors during its 40-year history and the "company continues to maintain its high level of halal integrity."

THE ASSOCIATED PRESS

Australia

Uber backtracks after price hikes

The ride-sharing company Uber was promising free rides and refunds Monday for people fleeing central Sydney, after coming under fire for hiking prices during a hostage crisis that was unfolding there. Mashable reported that Uber was briefly charging customers a minimum fare of 100 Australian dollars (\$82 US) and four times the usual per-mile rate to leave the city centre. THE ASSOCIATED PRESS

Market Minute

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85.79¢ (-0.63¢)

TSX
13,705.14 (-25.91)

OIL
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VOICES

THE NEW FACE OF FEMINISM

Metro's Kristen Thompson looks at high-profile young feminists, such as recent Nobel Prize-winner Malala Yousafzai, who are taking a cause traditionally championed by adults and inspiring those in their cohort to effect change



KRISTEN THOMPSON
kristen.thompson@metronews.ca

There's a new face to feminism these days. It's a youthful face, made up of girls fighting for women's rights before they've become women themselves.

Consider Malala Yousafzai, who has just become the youngest person to receive the Nobel Peace Prize. She was only 11 years old when she became a vocal activist for the universal right to education.

Her rallying cry for children's and girls' equality is aimed at policy-makers. But, by virtue of her age, she's inspiring fellow children.

It was girls who clutched photos of Malala at a school assembly in Pakistan to celebrate her Nobel Prize. Her autobiography is available in a young reader's edition to make her story more accessible to a younger audience.

Everywhere you look these days, girls' rights campaigns are aimed at, well, girls. There's Plan Canada's Because I Am A Girl movement. There's Fbomb.org, which connects teens concerned with gender equality. There's TeenFeministBlog, run by high-schooler Jules Spector, a teen advisor for the UN's Girl Up campaign.

And there are high-profile feminists such as Demi Lovato, Lorde and Emma Watson, the latter of whom recently gave an

eloquent and rousing speech to the UN on the topic of gender equality.

Megan Boler, a professor of media and education at OISE-University of Toronto, notes there has been a profound shift in the perception and popularity of gender issues and that young people are, in large part, a driving force.

She attributes this shift to several factors, including Hillary Clinton's 2008 presidential run, which ignited discussions about women in politics; young women's involvement in the Occupy movement; the Slut Walk protests; and increased discussions about cyberbullying in light of the suicides of several teen girls who were bullied by classmates.

"There's something about feminism that's being rekindled and reclaimed," says Boler. "Generational divides will not discourage young women from getting involved. I'm seeing it with my own nieces. They bring up issues about sexism in the media and gender roles."

"If we see role models of all different ages, then the hope-

ful implication is that 'feminist' stops becoming this bad word and ... that it's cool at all ages to engage in working for gender equality."

This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.

This new era is teaching our girls they don't need to look solely to adults to fight for them; they are empowered to fight for their own rights to education, safety and sexual freedom.

Whether these girls grow up to be the next Gloria Steinem or Germaine Greer remains to be seen. But whether they create change through politics and activism or simply through the way they treat each other, they will have made a difference.

This didn't start with Malala. But she's been a huge catalyst. The impact of that brave, inspiring girl will have a ripple effect that will be felt by girls as they grow into women. This is Malala's legacy.



Clockwise, from top: Despite being shot by the Taliban for expressing her views, Malala Yousafzai is championing the rights of girls to go to school; Singer Lorde is confident and outspoken and openly identifies as a feminist; Demi Lovato is an advocate for women's health and anti-bullying campaigns and is open about her struggles with negative body image; Emma Watson is the UN Women Goodwill Ambassador. ALL PHOTOS GETTY IMAGES

Fourth-wave feminism

This is the feminism girls are growing up with: A confident and empowering movement where people such as Malala are telling girls they have a voice and that even children can ignite change.

Girls learning that feminism is unfinished business: Prof

Metro talked to Dr. Joan Simalchik, a professor in gender studies at the University of Toronto, about how feminist role models are getting younger.

Is there a new trend of young feminists championing for girls' rights?

Yes. Many in this generation of young people ... begin with an understanding that the goals of feminism are pretty well reached, but

when they venture out, they see that full equality is far from their reality.

Violence is still very present. Pay equity has not been achieved, and child-care is often not available or affordable. Women still are responsible for much domestic labour and family caregiving. When they see popular figures such as Emma Watson speak out, their own feelings are validated. And when they learn

about Malala Yousafzai's bravery, they are inspired to exercise whatever agency they can muster.

What are the implications of this trend?

When their expectations clash with reality, they look to make change. You can see this in the public initiatives young women have organized. The York University students who founded Slut Walk are a good example. Because

violence is so prevalent, this campaign has resonated widely.

Why is this important?

Because there is unfinished business along with contemporary issues like cyberbullying. The National Film Board has a new film with that name: The Unfinished Business of Feminism in Canada.

Is feminism changing

from one generation to the next? Each generation responds in their own culturally available way to their own particular context. This generation for instance uses social media in ways that far outpace previous networking options. Beyond the form, the content of their feminism is far more diverse.

They see the intersection between race, class and gender clearer. They

have responded to the Idle No More message and have taken up the demands for an end to violence against indigenous women. Feminism has changed — from time to time and from place to place. While my students love to learn about Nellie McClung's Mock Parliaments staged to gain voting rights for women, none of them, myself included, would identify as suffragettes. **KRISTEN THOMPSON/METRO**

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Lindsay Lohan vows to never return to Hollywood

She's thought long and hard about it, and Lindsay Lohan is through with Hollywood.

"I won't live in L.A. again, hell no," she tells the Observer in a lengthy interview.

"My friends tell me s— when they come over I don't want to hear. I don't even know who got married and who got pregnant. You turn on the news in L.A. and it is all gossip about people. All the stuff that is going on in the world right now and this gossip is the news? I love the BBC. I haven't heard myself mentioned on TV since I have

been here. That has been really weird for me, and great."

So there you go. The secret to keeping Lindsay Lohan away is to constantly mention her.

I'd like to take this time to announce that Ms. Lohan will feature into every single thing I write from now on.

Ahem. Also of note? Lohan seems to suggest her past issues with excessive partying that got her into so much trouble weren't really her own fault, but more the fault of her friends and their lack of creativity when it came to social activities. Well, them and the

paparazzi.

"In L.A. I didn't know what to do apart from go out every night. That's when my friends were free. And I would go out and there would be all these cameras there and that's when it became difficult," she explains. "I can go for a run here on my own. I do every morning, early, and I think how my friends in New York would still be up partying at that time. I needed to grow up, and London is a better place for me to do that than anywhere else." Congratulations, London. She's all yours.

Lisa knows not to let it all out in email

While Sony has been busy siccing its lawyers on publications and sites that have been gleefully disseminating details from the massive hacker-fuelled info dump, a lot of the damage has already been done — and people have opinions about it!

Among those people? Former Friends star Lisa Kudrow, who is more disappointed in the execs for not understanding how a life online works than anything else. "How come I know you don't write anything you don't want

broadcast in an email? How come I know that? Who's advising (these) people?" the Comeback star blasted during a HuffPost Live chat. "It doesn't matter how many times (an email) says, 'This is confidential, meant for just between the sender and the recipient.' Why don't we know that there are no rules? Everything is broadcast and published. That's the part I just don't understand."

She says that now, but just wait until the contents of her Amazon wish list are made public.

Lisa Kudrow



Forget the ice bucket: Samuel L. Jackson wants celebs to sing

Pulp Fiction star and Marvel mainstay Samuel L. Jackson has a new challenge for celebrities who helped make the ALS Ice Bucket Challenge so successful this summer. He wants them to use that social media power to raise awareness about the protests happening around the U.S. following a New York grand jury's decision not to indict a police officer in the choking death of Eric Garner. "All you celebrities out there who poured ice water on your head, here's a chance to do something else," Jackson says in a video posted to Facebook.



Samuel L. Jackson

"I challenge all of you to sing the We Ain't Gonna Stop Till People are Free song."

Jennifer Aniston is sick of the baby speculation

Speaking of Friends, Kudrow's old co-star — and newly minted Golden Globe nominee — Jennifer Aniston is taking a stand against the near-constant tabloid cycle of speculation about her plans for a family. "I don't like (the pressure) that people put on me, on women — that you've failed yourself as a female because you haven't procreated. I don't think it's fair. You may not have a child come out of your vagina, but that doesn't mean you aren't mothering — dogs, friends, friends' children," she tells Allure magazine. "I have a lot of friends who decided not to have children, who can't have children, or are trying but are having a difficult time. There's all sorts of reasons why children



Jennifer Aniston

aren't in people's lives, and no one has the right to assume. It's quite rude, insulting and ignorant."

At just 25, Taylor gets her own retrospective

Los Angeles' Grammy Museum unveiled a brand new exhibit this weekend called The Taylor Swift Experience, full of guitars, clothing, news clippings, old journals and general detritus culled from the 25-year-old's brief, but hugely successful, music career. While it may seem odd to have a retrospective museum exhibit for someone just barely born in the '80s, keep in mind that most of the instruments and costumes on display are from the recently abandoned country music part of career, so she wasn't using them anymore anyway. Also in the exhibit? One of her

Grammys, as Swift has already won so many that she could spare one for the exhibit. Assuming, that is, she even notices it's gone.

Taylor Swift



2 SCENE

The next wave of soul, grunge and pop stars

This time last year, Sam Smith — now a six-time Grammy nominee — was just beginning to gain attention, and Banks' acclaimed debut album *Goddess* was still more than a half-year away. What artists are next in line for a breakout year come 2015?

scene@metronews.ca



Black Honey

Not much is known about the Brighton band Black Honey, whose music so far consists of a handful of demos. Those demos, though, are promising — powerful female vocals over lush, surf-rock instrumentals. **Listen to:** Sleep Forever

Låpsley

Success is coming quickly for teenage soul-folk singer-songwriter-producer Holly Fletcher, a.k.a. Låpsley. Shortly after debuting on the scene, the Liverpool native signed to XL Recordings, home of Adele and The xx, and she's got a debut EP, *Understudy*, due Jan. 5. **Listen to:** Falling Short



Josef Salvat

You likely know this Australian-born, London-based singer from his stripped-down take on Rihanna's *Diamonds*. He released the EP *In Your Prime* in 2014 and he has a debut album of his soulful electro-pop on the way. **Listen to:** Open Season

Vérité

New York's Vérité came onto the scene in July with her pure, punchy alternative pop. She released a debut EP, *Echo*, in October, and we look forward to what 2015 will bring. **Listen to:** Strange Enough



Wolf Alice

Another hotly tipped band that's already achieved some fame through live shows, especially in their native U.K. The grunge rock band from London debuted in 2013 with the single *Fluffy* and just put out an EP, *Creature Songs*, in May. **Listen to:** Moaning Lisa Smile

Ryn Weaver

New York/L.A.-based Ryn Weaver released her first pop single in June to viral success, thanks in part to a tweet from Jessie Ware and shout-outs from Passion Pit's Michael Angelakos, Benny Blanco, Cashmere Cat and Charli XCX. An album is in the works. **Listen to:** OctaHate



Others to watch

- **James Bay.** The British singer-songwriter has had a noteworthy 2014 in the U.K., and earned the promising Brits Critics' Choice award. **Listen to:** Hold Back the River.
- **Shura.** London singer Aleksandra Denton, a.k.a.

Shura, has won over many critics with her cutting-edge synth-pop evoking '80s and '90s greats such as Madonna. **Listen to:** Touch.

- **Years & Years.** You'd be hard-pressed to find a "ones to watch" list that didn't include this breakout

British R&B group, led by Olly Alexander (who is also an actor). **Listen to:** Desire.

- **Tourist.** This London-based electronic producer, a.k.a. William Phillips, has drawn praise for remixes of Haim and Sam Smith. **Listen to:** Patterns. **AFP**

Alice

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Twelve days of meditation

De-stress. OK, there's technically only nine days left until Christmas, but while you're decking the halls (and braving the mall) find inner calm

GABBY BERNSTEIN
Metro in New York City

When people tell me they don't have time to meditate, I reply, "Do you have time to feel like crap?"

We're all busy, especially in December, but with these seven steps we can all make time to meditate.

We all have a minute to spare

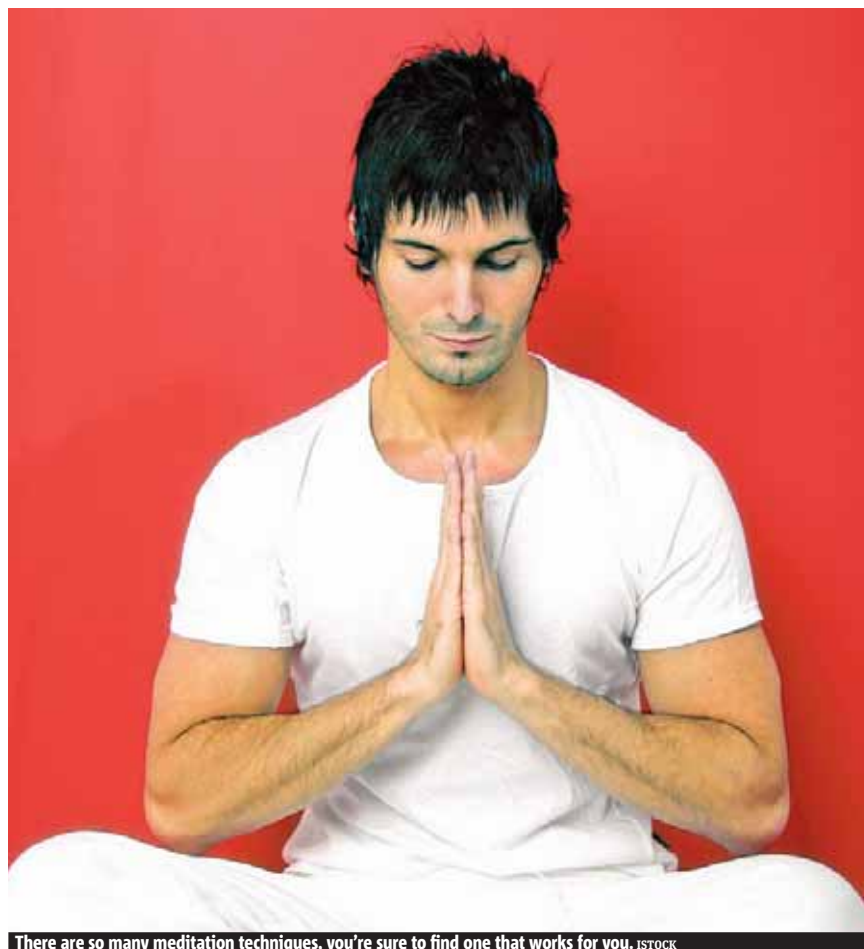
One minute of every day spent in stillness can change your life. Commit to taking even just one minute a day, using it to silence your mind and calm your energy, and follow this breathing technique: Breathe in for five seconds, hold your breath for five seconds, release for five seconds, hold for five seconds

Peace is in your pulse

Meditation can be as simple as finding your pulse. This one is easy for meditation newbies. A great meditation for beginners is what I've nicknamed Peace Is in Your Pulse. It improves your concentration and brings calm to even the most scattered mind.

Begin by sitting comfortably cross-legged on the floor. Lightly close your eyes and focus on the space between your eyebrows (the third-eye point). The mantra is "sat nam" (which means "truth identified").

The hand position (mudra) is simple. Place the four fingers of your right hand on your



There are so many meditation techniques, you're sure to find one that works for you. ISTOCK

left wrist over your pulse. The fingers are in a straight line, lightly pressed on the wrist so you can feel your pulse in each fingertip. On each beat of your pulse, mentally hear the sound of sat nam.

This meditation can be done any time, anywhere, and you can experience great benefits in just one minute. Practise it daily to develop your intuition and calm your mind.

Peace begins with you

This technique is a fantastic Kundalini meditation that's fast, easy and effective.

Gently press your thumb against your other four fingers individually, and say one word: index finger (peace), middle finger (begins), ring finger (with), pinkie finger (me).

Breathe deeply as you say each word. Go as slow or as fast as you'd like. Use this technique

in line at the bank, under the desk in an office meeting or in the middle of a fight with your partner. This technique will get you through all kinds of crazy emotions and help you release resentment fast.

Meditate while you cook

If you enjoy cooking, then it can be considered a meditative practice. Time spent in the kitchen is designated for crea-

tivity and helps you detach from your day. Next time you feel stressed out after a long day, cook a meal. Use your time in the kitchen to redirect your focus from your to-do list and onto serving your soul. Enjoy the process, and then enjoy the meal!

Walking meditation

You can find a meditative moment even when you're walking. The next time you're running an errand or walking to your office, make it meditative.

- Take a deep breath with every step.
- Feel your feet and focus on being more grounded with each step.
- Use a mantra while you walk. With each step, recite these words: "I am calm now."

A great place to try walking meditation is when you're in a crowded mall frantically finishing your holiday shopping.

Take a five-minute tech break

One of the main reasons we're so stressed is because of technology we are always carrying with us. Give yourself a five-minute tech break once a day.

Use that five minutes to practise one of the meditations you've learned here. Use your one-minute breath, go for a walking meditation or find peace in your pulse. Turn off your phone, step away from the computer and create space for stillness.

Use these steps to bring more meditative moments into your day and get your zen on well into the New Year!

GABBY BERNSTEIN IS A CERTIFIED KUNDALINI YOGA AND MEDITATION TEACHER. SHE IS ALSO TRAINED IN THE EMOTIONAL FREEDOM TECHNIQUE AND IS A STUDENT OF TRANSCENDENTAL MEDITATION.

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This week:

Stocking Stuffers for the Holidays.



Dip your way to being the trendiest hostess

Spinach Bread Spread.

These dippable suggestions will make holiday entertaining (or gifting) a lot easier



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

FLASH FOOD



From your fridge
to your table in
30 minutes or less

Holiday parties are a perfect time for dips and flatbreads. You can certainly buy all kinds of dips that will do the trick but they may contain more mayo and salt than anything else.

It really doesn't take much to mix a few items together to bump up the healthy factor, not to mention bragging rights that it is homemade!

Consider making large batches and using jars to deliver them as hostess gifts. Just be sure to let your host know that it isn't actually "canned" and must be refrigerated. Or better yet, put it out for other guests now so you can shine in your own little spotlight when people "oooh" and "ahhh".

Try these combos, tweak ratios to get the texture,



**TOTAL
TIME
ABOUT 5
MINUTES**

This recipe serves 24. THERESA ALBERT

Ingredients

- 1 10-oz package frozen chopped spinach thawed
- 1 8-oz can artichokes
- 1 cup plain Greek yogurt
- 1/2 cup low-fat cream cheese
- 1/2 cup fresh parsley
- 1/2 cup chopped green onions
- 1 clove garlic, pressed
- 1 tsp dried oregano
- Salt and pepper

thickness and intensity that you would like. These are foolproof combos, you can't mess them up!

Apple chutney: Apple pie filling, curry powder, sesame oil

Tzatziki: Greek yogurt, grated cucumber (squeezed dry), garlic, salt

Blue cheese dip: Greek yogurt, blue cheese, grainy mustard, garlic powder

Artichoke and Asiago: In blender, pulse one can artichokes, grated Asiago, Greek

yogurt, garlic, dill.

Warm chèvre and cranberry dip: Whole cranberries, orange juice, honey, cooked and cooled. Stir in goat cheese, serve warm.

Things to spread and dip have come a long way, too! Flatbreads are all the rage, both soft and crispy. Look for Ethiopian Teff bread called Injera. It's considered

a kitschy throwback to include good old saltines and crackers with the higher end, cooler options. But if you try to pull that off on its own, be prepared for some foodie bullying.

Spinach Bread Dip

With the right chewy bread, this could be a whole meal! But do share at a party, it takes seconds to whip up, but fills you up and nour-

ishes at the same time.

1. Drain spinach and squeeze dry. Blend all ingredients in a blender. Serve warm (heated in oven or microwave) or cold from fridge with chewy bread.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe makes 16 appetizers. MATTHEW MEAD/ THE ASSOCIATED PRESS

An on-demand appetizer base

Planning for a crowd this holiday season? Grab a box of woven wheats.

That's the generic name for

Ingredients

- 16 dates, pitted
- 3 ounces manchego cheese, cut into wedges (each about the size of half a date)
- 16 Triscuit crackers
- 8 slices bacon, each cut in half crosswise
- Ground black pepper

Triscuits — those woven-wheat crackers that are delightfully salty-crunchy-savoury.

They are a perfect on which to build any number of crowd-pleasing holiday appetizers at the last minute.

Top the crackers with slices of cheddar and an anchovy. Or try Parmesan and strawberry jam. Then you could experiment with fresh goat cheese, a dried apricot and fresh chives.

Go Mediterranean with slices of salami, sun-dried tomato and manchego cheese, French with brie and fig jam

and a hunk of ham. You get the idea.

To help get you rolling, here is a simple recipe for a really tasty variant of this holiday entertaining appetizer. But you really should take it in any direction that inspires you.

Triscuits with Dates and Bacon

1. Heat oven to 400 F. Line a rimmed baking sheet with foil.

2. Use a paring knife to cut open the dates, remove the pit (if necessary), then wedge

a chunk of cheese into each. Set each date on a cracker, then wrap half a slice of bacon around the entire thing, overlapping the ends of the bacon on the underside of the cracker.

3. Arrange the assembled crackers on the prepared baking sheet. Sprinkle with pepper, then bake for 10 to 15 minutes, or until the cheese is melted and the bacon is starting to crisp. Cool slightly before serving.

THE ASSOCIATED PRESS

Domestic violence

Judge says Kings' Voynov should stand trial

Slava Voynov's wife told police the Los Angeles Kings defenceman hit, choked and pushed her into a television in their bedroom during a fight in October, an officer testified Monday.

After hearing the description of the injuries to Voynov's wife, a judge ruled Monday that there is enough evidence against the player for him to stand trial on a felony domestic violence charge.

Voynov listened to the testimony of Redondo Beach Police Officer Gregory Wiist with the help of a Russian interpreter but did not speak during the proceedings. He has pleaded not guilty to one felony count of corporal injury to a spouse with great bodily injury and will be re-arrested on the charge on Dec. 29. **THE ASSOCIATED PRESS**

Coaching change

Oilers fire Eakins

Edmonton Oilers general manager Craig MacTavish sacked head coach Dallas Eakins on Monday, saying while Eakins is taking the fall for mounting losses, he isn't solely to blame for another dismal NHL season.

"There's blood all over my hands in this, too, as well, because I put the lineup together and the roster," MacTavish said.

MacTavish will take over as head coach before handing the reins to Todd Nelson, who is being promoted to interim head coach from Edmonton's AHL affiliate in Oklahoma City.

THE CANADIAN PRESS

Melnyk content to be frugal with Sens

NHL. Owner says having league's lowest payroll provides salary flexibility for future roster additions

Ottawa Senators owner Eugene Melnyk says he has no reason to feel embarrassed about his team's lack of spending.

Ottawa's payroll of \$55,804,597 US is the lowest in the NHL — leaving the Sens plenty of room to spend — but don't expect Melnyk to open his wallet any time soon.

"I'm not the least embarrassed about us spending at the bottom," Melnyk said Monday afternoon at his 11th annual charity skate for kids. "I'm happy about it, because we'll be able to spend more in the future and some can't. Some are stuck."

That being said, Melnyk is in no rush to increase his team's payroll despite his team's current position outside the play-off picture.

The Senators are 11th in the Eastern Conference at 12-12-5 and would need to make some significant improvements to move into the top eight.

Melnyk said he and general manager Bryan Murray spoke as recently as Monday morning.

"We're not in any way restricted," said Melnyk. "(Murray) has not come back to me and he said there's nothing out there that he could actually spend money on."

That's not to say the Senators aren't prepared to increase their payroll. With a number of players facing re-



Mark Borowiecki (74) takes a punch to the helmet from Buffalo Sabres defenseman Tyson Strachan during Monday night's game in Buffalo. Go to metronews.ca for the final score. GARY WIEPERT/THE ASSOCIATED PRESS

stricted free agency this summer, Melnyk says they won't have any choice but to spend.

For now, however, it appears the team will wait and see if its recent coaching change has any impact on its fortunes.

The Senators fired head coach Paul MacLean last week and promoted Dave Cameron, who had been an assistant, to take over the coaching duties.

Many assumed Cameron was Melnyk's choice, as the two share a long history.

"Let's get this straight once

and for all," Melnyk said.

"(Murray) makes the decisions. I stay out of the hockey operations, because otherwise if I get myself involved in that then I can't come out and point the finger at anybody."

Melnyk said he was consulted on the decision to fire MacLean, but left the final decision up to Murray.

"I just let him do his thing," Melnyk said.

Melnyk and Cameron have known each other since 2001, when Melnyk purchased the

OHL's Toronto St. Michael's Majors while Cameron was the team's head coach.

"I think he's going to do great; otherwise, I don't think he would have been selected as being the next coach," Melnyk said.

"He's patient, he's a hard worker — not to say Paul wasn't a hard worker, he was. If you add together hard work and I think a great attitude and the respect of the dressing room all together, I think he'll do well." **THE CANADIAN PRESS**

McDavid gets green light to practise in full



Connor McDavid has been cleared for contact and started practising with the rest of the Canadian junior team in St. Catharines, Monday. VAUGHN RIDLEY/GETTY IMAGES

Connor McDavid shrugged off the latest sign of progress in his return from a broken bone in his right hand.

The junior hockey star has been cleared for contact and has started practising with the rest of his Canadian world junior teammates. That came as no surprise to McDavid, who expected to be at this point in his recovery all along.

"It's kind of been the plan for a while now," McDavid said. "The last checkup was a couple (of) Tuesdays ago, and that's kind of been the plan

Potential linemates

McDavid appeared to fit in seamlessly Monday skating between Nic Petan and Robby Fabbri on the second line. Sam Reinhart centred the veteran first line between Max Domi and Anthony Duclair.

from Day One, was to start contact on this date."

The plan has McDavid on track to be healthy and ready

to go when Canada opens the tournament Dec. 26 in Montreal against Slovakia. But shedding the yellow no-contact jersey and getting through a full practice was an important step toward that goal.

"How did they feel? Do they look confident on the ice when they skate, do they have poise with the puck, do they seem to have chemistry out there?" head coach Benoit Groulx said. "When you look at Connor today, I thought he had all that, and it is good to see that." **THE CANADIAN PRESS**



Luis Suarez reacts at a Barcelona match this season. The former Liverpool striker hasn't scored much in Spain yet. DENIS DOYLE/GETTY IMAGES

Do strikers lose their powers after a trade?

Post-transfer fade.

Suarez, Balotelli lead a negative trend among classic goal-poachers

Is it any wonder Cristiano Ronaldo and Lionel Messi still set the goal-standard in football? Ascending to their level, or getting anywhere near their scoring rate, seems beyond most contemporaries.

And especially for some of the big names who switched clubs in the summer transfer window in search of a career reboot or club upgrade.

Luis Suarez stepped up from Liverpool to Barcelona but is yet to raise his own game.

Arriving as English football's player of the season and the Premier League's top scorer, goals should have

been a given for Suarez, even with his unpredictable temperament. While Barca has been untroubled by Suarez's conduct, goalkeepers have been similarly untroubled by his once-lethal shots.

Since making his debut in October, after completing a four-month ban for biting at the World Cup, the 27-year-old Suarez has gone seven league games without scoring, netting only twice in the Champions League.

Although Suárez has five assists in 10 games and his reputation doubtless unsettles defenders, which helps Messi and Neymar, the 81-million-euro (then \$128 million) outlay was intended to guarantee goals.

"I came here to score goals, not only to make passes for others to score," Suarez said last week in an interview with Barcelona newspaper Sport. "If I came

here, it's because I have scored many goals in my career and, above all, in Liverpool."

Liverpool does not need reminding of what it has lost.

The 32-year-old Rickie Lambert was brought in from Southampton to the club he supported as a boy after rising through England's four professional leagues. Although mostly deployed from the bench, the 4 million-pound (\$7.3 million) Englishman has not been the impact substitute desired as reflected by his record of two goals in 18 games.

A gamble signing did not work, either. While Suarez contributed 31 goals in all competitions last season as Liverpool finished second, Mario Balotelli resembles the Barca Suarez — with no league goals for a team enduring its worst start in 50 years. **THE ASSOCIATED PRESS**

Other flops

Suarez and Balotelli aren't alone in the league of strikers who seem to have lost the way to the net after being transferred.

- **Radames Falcao.** Plagued by a serious injury in January, the Colombian traded for \$29-million from Monaco has only made six appearances and scored one goal for Man United so far.
- **Fernando Torres.** A former Anfield favourite, the Spaniard was traded to Chelsea for a whopping \$93 million in 2011. He was lent to AC Milan this summer after scoring only 20 goals in 110 league appearances.




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Horoscopes by Sally Brompton

Aries

March 21 - April 20

It may seem as if someone has taken advantage of your kindly nature but could it be you are overreacting? Even if they have been less than honest has it done any harm?

Taurus

April 21 - May 21

The next 24 hours will be hectic. If you find yourself rushing all over the place but not getting much done you should take that as a sign that you have lost control.

Gemini

May 22 - June 21

Don't bite off more than you can chew today, especially if you are trying to impress important people. The best way to influence them is to be yourself.

Cancer

June 22 - July 23

This could be a lucky day for you, especially if you are prepared to overcome your own cautious nature and take a risk of some kind.

Leo

July 24 - Aug. 23

If you give the impression that you are anxious for success you could attract the attention of those who know how to play on your greed.

Virgo

Aug. 24 - Sept. 23

A loved one will be a little too emotional today but if you want some peace you are going to have to help them deal with their issues.

Libra

Sept. 24 - Oct. 23

You don't have to explain your motives or your actions to anyone. If someone demands to know what you are doing just tell them to mind their own business.

Scorpio

Oct. 24 - Nov. 22

The more others say something cannot be done the more determined you will be to prove them wrong. Just be careful you don't take on something that is beyond even your formidable powers.

Sagittarius

Nov. 23 - Dec. 21

If you let your emotions get the better of you today you will most likely regret it later in the week. However bad something may be, it isn't worth getting worked up.

Capricorn

Dec. 22 - Jan. 20

Anyone who expects you to stay in one place today is going to be disappointed. You will rush, maybe with no idea of where you're going.

Aquarius

Jan. 21 - Feb. 19

The atmosphere will be a bit tense today. That could spell trouble if you are the type of person who relieves tension by spending money.

Pisces

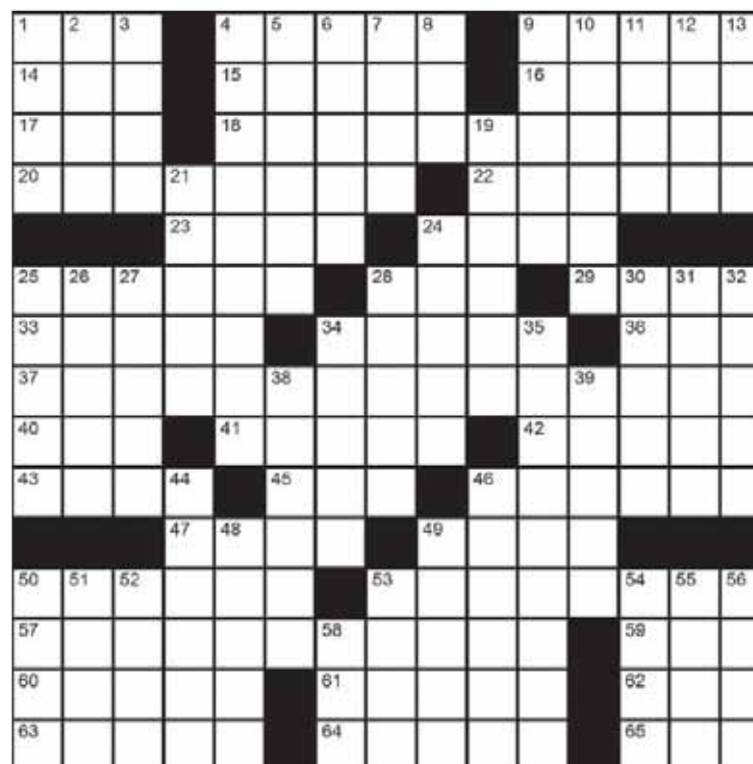
Feb. 20 - March 20

You may have to react to a series of minor crises today. Most of them are of your own making.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Classy car
4. Sofa-turned-bed
9. Story with morals
14. Ms. Remick
15. Way to serve a deli sandwich: 2 wds.
16. Be of service
17. Compass dir.
18. Stephen Harper in 2011 ...and again in 2015?: wd. + acr.
20. St. ___ Basilica, in Charlottetown
22. Unorthodox belief
23. "Hey, there..."
24. Rock's covering
25. Bury
28. Sci-Fi play
29. Samson's biblical hideaway, Rock of ___
33. Polynesian language
34. Old labour camp of Russia
36. Lettered sun ray
37. Everest enthusiast: 2 wds.
40. Early hrs.
41. "Have a Little Faith in Me" singer John
42. Room and ___
43. ___ and exercise
45. Alphabetic trio
46. Skating great Ms. Yamaguchi
47. Belinda Carlisle's "___ Weak"
49. Gotchas!
50. That landing craft on Comet 67P
53. Drink known for its 'chocolatey' malt



flavour

57. Invitee's offering for the party planner: 2 wds.
59. Li'l diagram
60. Computer chip company
61. Athenian's shopping venue

62. "Alice" waitress

63. West+Yorkshire city in England
64. Currency of Kuwait
65. Thumbs-up

Down

1. Discharged some

vein liquid

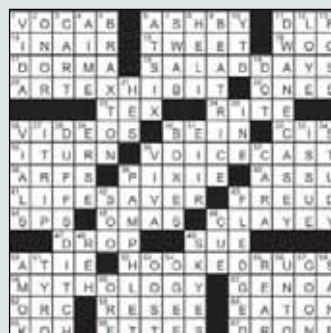
2. Bill of fare
3. Imagine, archaically
4. Slave River town in the Northwest Territories near the Alberta border: 2 wds.
5. Anxiety

6. University in Peterborough, ON

7. Belonging to Pop-eye's beloved Olive
8. Wedding announcement word
9. Fortunes
10. Disinclined
11. Beseched

12. Go-Go's: "Our ___ Are Sealed"
13. Like certain trees
19. Like music meant for an ensemble to sing
21. Reject
24. Swindle
25. Irate one's declaration: 2 wds.
26. The Beauty Myth author Ms. Wolf
27. Type of abode
28. "___ You" by Bryan Adams
30. Band instruments
31. Deflect
32. Tuesday: French
34. Huge
35. 'Rock of...' or 'Strait of...'
38. Musician Ms. Mann's
39. "Push" band from Vancouver
44. Leaning
46. The face of the Great Sphinx is believed to be in this Pharaoh's likeness, variantly
48. Certain Celts
49. Airplane: French
50. Drummer/singer Mr. Collins
51. Sharpen skills
52. Fancy suffix to 'Art'
53. Today, in Rome
54. Borderline
55. Cairo's river
56. Me-me-me's
58. Down

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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